



February 2005
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February is National Heart Month!

ARF Update



ARF NEWS

Third ARF Incentive Round Complete!

Thank you to everyone who sent in point cards for the third six-week period of ARF! We received cards from four more organizations than last time- great job! The next ARF period ends on February 25. You will need to send in your point cards **NO LATER** than March 4. Incentives will be mailed out March 10.



Due to Michelle's class schedule this semester, she is only in the office on Tuesdays and Thursdays. If you have ARF questions or concerns that need immediate attention, contact **Kimberly Barrett** at kimberly.barrett@hhss.ne.gov or **(402) 471-1045**.

Thank you for your patience!

N-LIGHTEN KIDS BEGINS!

February 1 is the start-date for N-Lighten Kids. ARF has partnered with this new Cornhusker State Games event by providing N-Lighten Kids participants with the monthly activity calendar ARF participants have been receiving since December. The calendar is still in the same format with a few N-Lighten Kids reminders added. Let us know if you are participating in both activities and describe to us how you coordinate your efforts!



WHAT'S HAPPENING?

P.E. Legislation Introduced

From Julane Hill, NAHPERD Past-President

Exciting things are happening in regards to health and physical education at the legislative level. January 21, the last day for the introduction of bills for this legislative session, Senator Schimek introduced the Physical Education in Schools Act, otherwise known as LB 681. This bill would mandate daily physical education for all students in grades K-8. To access this bill, log on to:

www.unicam.state.ne.us

Click on LB and enter the number 681 and hit search. The hearing for this bill is set for March 1.

Let's Get the Party Started!

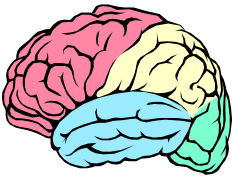
This is an *interactive workshop* designed for K-12 physical educators on pedometers and movement sponsored by the Nebraska Association for Health, Physical Education, Recreation and Dance. Presenters include: Dr. Josie Metal-Corbin, UNO and National Dance Education Association's Dance Educator of the Year in Higher Education for 2004; Janet Brandt, Past State Elementary Physical Education Teacher of the Year; and Becky Martin, Past State Middle School Physical Education Teacher of the Year.

The workshop will be held on **Saturday, March 5, 2005 from 8:30 a.m. to 12:00 p.m. at Sandoz Elementary School in Lexington, Nebraska.** I am attaching a "Let's Get



the Party Started!" flier with the registration form. For more information, please contact Janet at jbrandt@lps.org or Becky Martin at rmartin@lps.org.

Brain Activity, Energy Balance, & Movement Workshop Featuring YogaKids



Another upcoming interactive workshop designed to equip participants with the tools necessary

to increase student learning and physical activity. The workshop will highlight fun, innovative, positive ways to implement movement in the general education and physical education classrooms (K-12), as well as within recreational and health/wellness settings. Facilitators will provide hands-on training in an ACTIVE learning environment that will provide professionals with the skills necessary to implement training components into their own settings.

The final 75 minutes of the workshop will feature Judy Olivetti, certified instructor for YogaKids. YogaKids is a unique approach to integrative learning using yoga as a pathway for youth ages 3-16. The YogaKids curriculum provides children with an exciting new way to explore and appreciate their academic and creative potential through storytelling, music, and creative arts.

The workshop will be held on **Thursday, February 24, 2005 from 8:30 a.m. to 12:30 p.m. at ESU 15 in Trenton, Nebraska.** I am attaching a "Brain Activity, Energy Balance, and Movement" brochure with the agenda and registration form. For additional information, please contact **Kimberly Barrett at kimberly.barrett@hhss.ne.gov or (402) 471-1045.**

New National Resources You Can Use

Can Eating Fruits and Vegetables Help People to Manage Their Weight?



The first installment in the nutrition and physical activity Research to Practice series is now available on the DNPA website.

This piece summarizes the evidence that substituting fruits and vegetables in place of higher density foods is an effective way to decrease caloric intake in order to lose weight. For more information, go to www.cdc.gov/nccdphp/dnpa/nutrition.htm (Page down to Research to Practice Series)

Healthier Rewards for School Children:

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health," is available from the Center for Science in the Public Interest. It discusses the adverse effects of using food as a reward on students' lifelong eating habits. It also lists many alternative (inexpensive) rewards that teachers and staff could use in schools that do not undermine children's diets and health. It is available at http://cspinet.org/nutritionpolicy/constructive_rewards.pdf.

PHYSICAL ACTIVITY IDEA CORNER

Celebrating Girls & Women In Sports-Tips to Get Girls Active

We all know why it is important for young people to be active- stress reduction, development of skills, increased self-esteem, weight maintenance, etc. But it is especially important that we encourage girls to get moving at a young age. Why? Research shows *that if a girl does not participate in sports by the age of 10, there is only a 10% likelihood that she will participate in sports at age 25.*

While sports are not the only way to engage in physical activity, they are often a fun and motivating way to move, meet people, and learn new skills.

Girls are often afraid of being seen as unfeminine if they participate in sports, or they fear being teased or failing. Here are some tips to help girls overcome negative perceptions of sports and physical activity.

- **Remind her that she does not have to be an athlete or be super-competitive to play sports.** There are many different organizations offering sporting opportunities that vary in skill level requirements and competitive emphasis.
- **Talk to her about her fears.** Tell funny stories about how you overcame embarrassing situations in junior high P.E. or how a "major issue" in your teen years was not such a bad experience after all! Let her know you understand what she is going through.
- **Teach her skills so she can be successful!** You can watch sporting events together, learn the language and experiment by renting equipment or taking classes together at the local recreation center.
- **For other activity suggestions, visit GoGirlGo.com/pickasport.** There's an interactive survey you can do together or she can do on her own that allows her to express her interests and preferences and gives suggestions for sport and activities that meet her profile.
- **Attend female sporting events.** This is a great way for girls to identify role models and see how females are supported for being active. Local media, high school web sites, and other community calendars are great places to look for events.
- **Learn about women athletes.** Visit your local library or search the web for biographies and films about sports heroines. Discuss how these women overcame barriers and worked their way up the ladder of success. The Women's Sports Foundation has several lists of inspiring books and movies.



- **Try a variety of activities.** Search for activities she enjoys- she will be more likely to pursue an activity long-term if she finds success in it. ("Active for life".) Don't be afraid to be adventurous. Can't think of new ideas? Research your local library and check out books/videos to learn new ways of moving.
- **Make an activity bracelet.** Charm or "tile" bracelets are very fashionable and are a great way to commemorate the sports that you try together.
- **Create a scrapbook.** Look through magazines and newspapers to find pictures and articles about women doing physical activities.
- **Give gifts of equipment and clothing.** You are telling her that you "think she can".
- **Get involved with GoGirlGo!** The website has tons of information and ideas to keep both you and her active. Sign up to receive e-mail shout-outs and periodic newsletters. Older girls can join the ambassador program and encourage their younger peers. This is an awesome leadership/mentoring opportunity!
- **Participate in Nebraska Girls & Women in Sports and Fitness activities-** a FREE basketball clinic at the University of Nebraska-Lincoln Campus Recreation on February 4 from 8:00-11:30 a.m. and the annual awards banquet on February 12 at UNL East Campus Union from 11:30 a.m.-1:30 p.m.. Contact: **Vicki Highstreet** at **vhighstreet1@unl.edu** or **(402) 472-4771**

Web Resources:

www.WomensSportsFoundation.org
www.GoGirlGo.com
www.4girls.gov/fitness
www.acefitness.org
www.fitness.gov
www.girlpower.gov
www.momstream.com
www.naspe.org
www.nays.org
www.sportparenting.org
www.shelovessports.com

- Adapted from *GoGirlGo! Tips to Get a Girl Active*, Compiled by the Women's Sports Foundation.

A Heart-Pumping Valentine's Day!

Valentine Hide and Seek



Have all the children close their eyes while you "hide" a valentine in the room. (It should be placed in plain view) Tell the children to find the Valentine, but not touch it. Once they spot it they should start doing jumping jacks. The first one to start doing jumping jacks will get to hide the valentine next.

Valentine Hide and Seek - A little harder

Go to another room to hide the Valentine or Heart. Once you come back the kids can go search for it. Then the first one back does jumping jacks until the other children are called back and the first child back tells where the Valentine is hidden. If correct, they can hide the Valentine next. If they are not correct then everyone one is let go to find the Valentine again.

Valentine Hunt

This is like an Easter egg hunt but with Valentine cards or hearts. You will need a bunch of Valentine's Day cards with envelopes or cut out a bunch of hearts from construction paper, about 2-4 per person. If you use cards with envelopes you may want to draw a red heart on each one to identify it as a card used in the game. Now take all the cards or hearts and set aside about 1/3 or 1/4 of them.

On the other cards and hearts write Valentine wishes like Be My Valentine, You're So Sweet, Keep Searching for Valentines! - simple but fun. On the Valentines you set aside, number the back of the cards or hearts from 1 to the number that you have. Each number will correspond with a small prize. If you have 8 hearts you'll have eight gifts.

Before your kids join you for the day, you'll need to hide the cards or hearts in a room or rooms. During break or playtime you can have the kids search for them.

- Adapted from *Party Game Ideas* at www.partygameideas.com

Adaptive Activity – Broomball

Are you interested in teaching your kids hockey skills, but lack the proper equipment and facilities? Is there concern that many of your participants will struggle with mastering the sport? Why not try broomball? This game can be played on or off the ice. In fact, playing OFF the ice is a great way to adapt this winter sport to a wider audience of participants.

The game is very similar to hockey with the major exceptions of no contact, wearing sneakers rather than skates, using brooms (real or broomball-specific) to hit a ball (similar to a very small soccer ball), and you can kick the ball to advance it (within reason). For a more detailed description and set of rules for the game of broomball, go to: www.broomballteams.com

Because of the equipment, rules, and slower pace of play (compared to hockey), the game is very safe and allows students who are just developing their stick work to be successful. Also, the ability to use your feet helps make the game developmentally appropriate for all ages.



You can successfully play the game on tennis courts (nets removed) without changing the rules too drastically. Although you have a lot more traction on the tennis courts, it provides an acceptable alternative by having wall boundaries (fence and nets) to act as boards.

This setup also allows you to introduce students to the rules, which they could take, adapt, and begin to play on a frozen pond or outdoor rink in their neighborhoods. All you need are brooms, a ball, and two goals. The game is great for **cardiovascular endurance** because the students are constantly on the move with several bursts of high intensity activity just as in hockey.

- Adapted from "Middle School Broomball" by Ed Kupiec Eagle

Brain Break of the Month

NUMBER BALL

ANTICIPATORY

SET:

TEACHER'S QUOTE:

"Would you like to play a game that will make your heart stronger, your brain stronger so you can live healthier, happier, and longer? This game will help you practice your math and throwing and catching skills in a fun and exciting way."

OBJECTIVE:

Students will practice throwing; catching and trapping skills with unique equipment designed to practice number concepts.

COGNITIVE LINK:

Physically activity increases learning. Movement anchors learning.

ACADEMIC CONCEPTS:

Addition, subtraction and multiplication

EQUIPMENT:

Any ball (soccer ball, basketball, volleyball, large paper ball, etc.) marked with numbers from 1-10 in random order. The numbers cover the surface of the ball.

ORGANIZATION:

The students are divided into two teams arranged in two circles. Each circle is a given a number ball.

ACTIVITY:

- On signal, one person in each circle starts to throw the ball to another person in the circle. When a successful catch is made, the score comes from the number printed under the right thumb on the ball. Add that sum to the team's running sum. The first circle to get to 25 or greater sits down.
- To practice subtraction skills, give each circle 50 points and as the ball is caught, subtract that number from the running sum. The first circle to reach zero or beyond sits down and wins.
- To practice multiplication skills, designate a magic number (such as 7) and as each catch is made, multiply the number on the ball by your magic number and then add that number to the running sum. The first circle to add to 100 sits down and wins.

VARIATION:

- Use trapping skills in soccer by gently kicking the ball around the circle and trapping it with the foot. The score comes from the number covered by the toe.
- Play volleyball and catch the ball instead of bumping it. Add points for your team. Play the volleyball rules.
- Work in partners. Have a ball for each set of partners. Challenge the partner to throw and catch the ball adding the numbers until the sum reaches 100. Keep throwing the ball until all sets of partners reach 100. How many more points can you get before everyone gets to 100?

EXTENSION:

Make giant dice out of square boxes. Commercial big dice are also available through PE equipment catalogs. In groups, have a student roll the dice. If the cube lands on odd, only the odd number students exercise and the even numbers get to choose the exercise to perform. Students can also use a Special Number of the day to add or multiply with each roll.

CLOSURE:

TEACHER'S QUOTE: "The more you practice your math skills the better you will be able to remember them. Just like cross training in athletics, practicing recall of math facts in a different way will help the brain remember better."

- From "Thinking on Your Feet" by Jean Blaydes

Nutrition News

Holly Dingman has put together the nutrition information for this newsletter (attached) that you can use in your curriculum or home...

This month's feature is "Carbohydrates."

For more information, contact Holly at (402) 471-2101 or holly.dingman@hhss.ne.gov.



Important Dates

February

American Heart Month

February 4

Nebraska Girls & Women in Sports & Fitness Basketball Clinic, UNL

February 9

Nat'l Girls & Women in Sports Day
www.aahperd.org/ngwsdcentral/

February 12

Nebraska Girls & Women in Sports & Fitness Awards Banquet, UNL

February 1-May 1, 2005

N-Lighten Kids

February 1-June 1, 2005

N-Lighten for adults

February 24, 2005

Brain Activity, Energy Balance, and Movement Workshop
Trenton, NE p. 2

March

National Nutrition Month

March 5, 2005

Let's Get the Party Started
Pedometer Workshop
Lexington, NE p. 1

March 13-19

National School Breakfast Week

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